



Grant County Health Dept

111 South Jefferson St, Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

Volume XXIV Issue IV

April 2018

Public Health Awareness Month

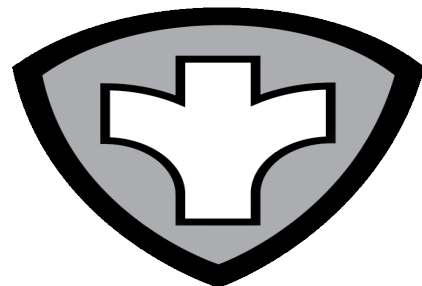
Everyone deserves to live a long and healthy life in a safe environment!

Twelve Essential Public Health Services include:

1. Monitor health status to identify community health problems.
2. Identify investigate, control and prevent health problems and hazards in the community.
3. Educate the public about current and emerging health issues.
4. Promote community partnerships to identify and solve health problems.
5. Create policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and insure safety.
7. Link people to needed health services.
8. Assure a diverse, adequate and competent workforce to support the public health system.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Conduct research to seek new insights and innovative solutions to health problems.
11. Assure access to primary health care for all.
12. Foster the understanding and promotion of social and economic conditions that support good health.

Health Priorities include:

- Access to primary and preventative health services
- Adequate and appropriate nutrition
- Alcohol and other substance use and addiction.
- Environmental and occupational health hazards.
- Existing, emerging, and re-emerging communicable diseases.
- High Risk sexual behavior
- Intentional and unintentional injuries and violence
- Mental health and mental disorders
- Overweight, obesity and lack of physical activity
- Social and economic factors that influence health
- Tobacco use and exposure.



Public Health
Prevent. Promote. Protect.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.

Help Preschoolers Make Wise Food Choices

-Encourage children to taste new foods, but do not bribe or insist they eat everything on their plate. Bribing works in the short term but can lead to power struggles in the long term.

-Children who help prepare foods are more willing to taste new foods. Make fun foods together like an English muffin pizza, frozen banana on a stick, or frozen graham cracker sandwiches.

-It is best to stay calm and neutral when eating. As long as there is a variety of foods offered at scheduled times allow children to decide how much they want to eat.

-Try new foods yourself as children often copy what adults do. Describe the food such as "This is a kiwi which is sweet like a strawberry." Or "This is a radish. It is hard and crunchy."



Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

*(Immunizations given at all these clinics)
(Flu Shots also available at all clinics.)*

Apr 17th—Cuba City St Rose—
Mazzuchelli Hall - 9:30am to 3:30pm

Apr 18th—Late Boscobel Tuffley Center—2:00pm to 6:30pm

Apr 19th -Platteville Lutheran Church of Peace - 9:00am to 3:30pm

Apr 24th—Lancaster Schreiner Memorial Library - 9:00am to 3:30pm

Apr 25th—Bloomington West Grant Rescue Squad Bldg - 9:00am to 3:30pm

Apr 26th—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

May 2nd—Late Muscoda Kratochwill Bldg - 2:00pm to 6:30pm

May 3rd—Platteville Lutheran Church of Peace - 9:00am to 3:30pm

May 8th—Boscobel United Methodist Church - 9:30am to 3:30pm

May 9th—Fennimore United Methodist Church - 9:00am to 3:30pm

May 15th—Cuba City St Rose -
Mazzuchelli Hall - 9:30am to 3:30pm



Grant County Health Dept
will be closed on May 28th.

Ten Tips to Avoid Fraud

Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Here are some practical tips to help you stay a step ahead.

- 1. Spot Imposters.** Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request; whether it comes as a text, a phone call, or an email.
- 2. Do online searches.** Type a company or product name into your favorite search engine with words like "review", "complaint" or "scam", or search for a phrase that describes your situation, like "IRS call". You can even search phone numbers to see if other people have reported them as scams.
- 3. Do not believe caller ID.** Scammers use technology to fake or "spoof" caller ID information, so the name and number you see are not always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine. A good way is to use the number printed on a bill or statement.
- 4. Do not pay upfront for a promise.** Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.
- 5. Consider how to pay.** Credit cards have significant fraud protection built in, but some payment methods do not. Wiring money through services like Western Union or MoneyGram is risky business because it's impossible to get your money back. That is also true with reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices and honest companies will not require you to use these types of payment methods. They will also not ask you to pay in iTunes or Amazon gift cards.
- 6. Talk to someone.** Before you give up money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert, or talk to a friend or family member. Do not give in to high-pressure sales tactics.
- 7. Hang up on robocalls.** If you answer the phone and hear a recorded sales pitch, hang up and report it to the Bureau of Consumer Protection. These calls are illegal, and often the products being sold are bogus. Don't press 1 or any other number to be taken off the call list. That could lead to more calls.
- 8. Be skeptical about free trial offers.** Some companies use free trial offers to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. Always review your monthly credit card statements for charges you do not recognize.
- 9. Do not deposit a check and then wire money back.** By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be fake, you are responsible for repaying the bank all of the money and any fees associated with the transaction. If a deal is too good to be true, it generally is.
- 10. Sign up for free scam alerts.** Get the latest tips about scams sent right to your inbox from the Bureau of Consumer Protection (datcp.wi.gov) and the Federal Trade Commission (FTC.gov/scams).

For more information or to file a complaint, visit our website or contact the Bureau of Consumer Protection.

Bureau of Consumer Protection, 2811 Agriculture Dr, POB 8911, Madison, WI 53708-8911

EMAIL: DATCPHotline@wi.gov

WEBSITE: datcp.wisconsin.gov

PHONE: (800) 422-7128

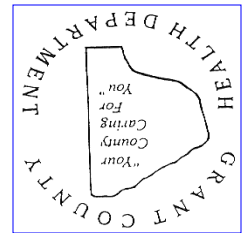
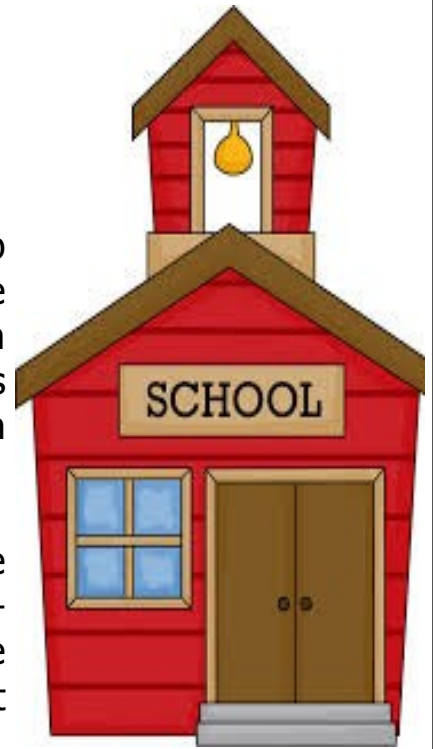
FAX: (608) 224-4677

TTY: (608) 224-5058

Tdap, and Meningitis Vaccine Offered at Grant County Schools

The Grant County Health Dept will be offering free Tdap and Meningitis vaccine at Grant County schools during the month of April (only). The vaccine is free for children in need of vaccination in 5th through 12th grades. Parents should have received paperwork from your child's school in March.

If your child is not at school the day of the clinic, please contact the Health Dept at 723-6416 regarding their eligibility. (Due to restrictions, free vaccine is only available between April 2, 2018 and May 1, 2018 for children that are not normally VFC eligible.)



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